

CLASSTIMETABLE SHREWSBURY

IN PARTNERSHIP WITH **Lucozade**
SPORT

MONDAY

Studio 1

09:30 - 10:30 Zumba
10:30 - 11:30 LBT
12:00 - 13:00 BODYPUMP™
13:15 - 14:15 Dancercise
17:20 - 17:50 Metafit
18:00 - 19:00 BODYCOMBAT™
19:15 - 20:15 BODYPUMP™

Mind & Body

09:15 - 10:15 Pilates
10:45 - 11:45 BODYBALANCE™
12:00 - 13:15 Yoga
13:30 - 14:30 Pilates
18:00 - 19:15 Yoga
19:30 - 20:30 Pilates

Cycling Studio

06:45 - 07:30 Group Cycling
09:30 - 10:15 Group Cycling
18:00 - 18:45 Group Cycling
19:15 - 20:00 RPM™

Pool

11:45 - 12:30 Aqua Aerobics

Gym Floor

06:05 - 06:35 B:Conditioned
10:30 - 11:00 B:Conditioned

TUESDAY

Studio 1

06:45 - 07:30 Early Bird Workout
09:15 - 10:00 BODYCOMBAT™
10:05 - 10:55 Zumba
11:00 - 11:30 Abs Blast
11:45 - 12:45 LBT
13:30 - 14:30 NIA
17:30 - 18:30 BODYPUMP™
18:40 - 19:25 BODY ATTACK™
19:30 - 20:15 Pilates

Mind & Body

09:10 - 10:05 Pilates
10:45 - 11:45 Pilates
12:00 - 13:15 Yoga
13:30 - 14:45 Yoga
18:30 - 19:30 BODYBALANCE™
19:35 - 20:20 BODYBALANCE™

Cycling Studio

06:30 - 07:15 Les Mills Virtual RPM™
10:15 - 10:45 RPM™
18:30 - 19:15 Group Cycling

Pool

13:00 - 13:45 Aqua Aerobics
16:00 - 18:30 Childrens Swimming Lessons
19:30 - 20:15 Aqua Bootcamp

Gym Floor

19:30 - 20:00 B:Corefit

WEDNESDAY

Studio 1

06:45 - 07:30 Early Bird Work Out
09:30 - 10:30 Low Impact Aerobics
10:45 - 11:45 BODYPUMP™
12:00 - 13:00 Strong by Zumba
13:15 - 14:15 Zumba Gold
17:30 - 18:15 Boxfit
18:30 - 19:30 BODYPUMP™
19:45 - 20:30 BODYCOMBAT™

Mind & Body

09:15 - 10:30 Yoga
10:45 - 11:45 Pilates
12:00 - 13:00 BODYBALANCE™
18:45 - 20:00 Yoga

Cycling Studio:

06:30 - 07:15 Les Mills Virtual RPM™
09:30 - 10:15 RPM™
18:00 - 18:45 Group Cycling

Pool

10:50 - 11:35 Aqua Aerobics
11:45 - 12:30 Aqua Aerobics

Gym Floor

06:05 - 06:35 B:Strong
12:00 - 12:30 B:Corefit

THURSDAY

Studio 1

06:45 - 07:30 Early Bird Work Out
09:15 - 10:15 Dancercise
10:45 - 11:15 Metafit
17:45 - 18:45 Zumba
18:50 - 19:20 Metafit
19:30 - 20:30 Ricky Hatton Boxing

Mind & Body

09:15 - 09:45 Abs Blast
09:50 - 10:50 Yoga
11:00 - 12:15 Yoga
12:30 - 13:30 BODYBALANCE™
17:45 - 18:30 BODYBALANCE™
19:00 - 20:00 Pilates

Cycling Studio

06:30 - 07:15 Les Mills Virtual RPM™
10:00 - 10:30 Group Cycling
18:00 - 18:30 Group Cycling

Pool

12:30 - 13:15 Aqua Aerobics
16:00 - 19:00 Childrens Swimming Lessons
19:30 - 20:15 Aqua Aerobics

Gym Floor

19:30 - 20:00 B:Conditioned

FRIDAY

Studio 1

09:15 - 10:00 BODYATTACK™
10:10 - 10:55 BODYPUMP™
11:05 - 12:05 Zumba
12:15 - 13:15 Pilates
17:45 - 18:30 Strong by Zumba
19:00 - 20:00 BODYPUMP™

Mind & Body

08:00 - 09:00 Yoga
09:15 - 10:30 Yoga
10:40 - 11:40 Pilates
12:05 - 13:05 BODYBALANCE™

Cycling Studio

06:45 - 07:30 Group Cycling
10:05 - 10:35 Group Cycling
18:00 - 18:45 Group Cycling

Pool

09:30 - 10:15 Aqua Aerobics

Gym

06:05 - 06:35 B:Conditioned
06:45 - 07:15 B:Conditioned
19:00 - 19:30 B:Strong

SATURDAY

Studio 1

08:30 - 09:00 BODYBALANCE (Virtual)™
09:15 - 10:00 Early Bird Work Out
11:00 - 12:00 BODYCOMBAT™

Cycling Studio

10:15 - 10:45 Group Cycling

SUNDAY

Studio 1

10:00 - 10:45 BODYBALANCE™
11:00 - 12:00 BODYPUMP™
16:15 - 17:15 BODYPUMP (Virtual)™

Gym Floor

09:15 - 09:45 B:Conditioned
10:00 - 10:30 B:Conditioned



Your journey to a healthier lifestyle. Ask a member of the team for more information.

Bannatyne
Health Club & Spa